

For parents to pick the relevant parts to share with your child. You can't compare a shared 2 way conversation about puberty, safety, etc with watching something online. The personal conversation wins every time with laughter, humour and of course some shared cringing!

Below are some extra links that could be used by you initially and then maybe explored together with your child.

<https://www.bbc.co.uk/teach/class-clips-video/rse-ks2-the-big-talk/zn8f7nb>

Some short films for children covering topics like body image, puberty, respect, sexual health, online safety, healthy relationships and understanding gender identities. A good one to start with is What happens to my body? (puberty)

<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/underwear-rule/>

Pantosaurus character with a song, game and message about privates are private. It is aimed at KS1 but it is a funny and catchy way to open up the conversation.

There is also some great support for parents on this link about talking to children about relationships and sex and particularly about keeping safe.

<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/talking-about-difficult-topics/>

NSPCC support on how to get started talking about subjects like relationships and sex.

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/>

NSPCC online safety - this includes talking about appropriate and inappropriate content and when and what to share online (private and personal information). Setting parental controls on different devices

<https://www.net-aware.org.uk/>

Explores the positives and negatives around the different social media apps and platforms, eg. TikTok

I hope this helps in some way and I know there is a lot here so pick and choose what's right for you.